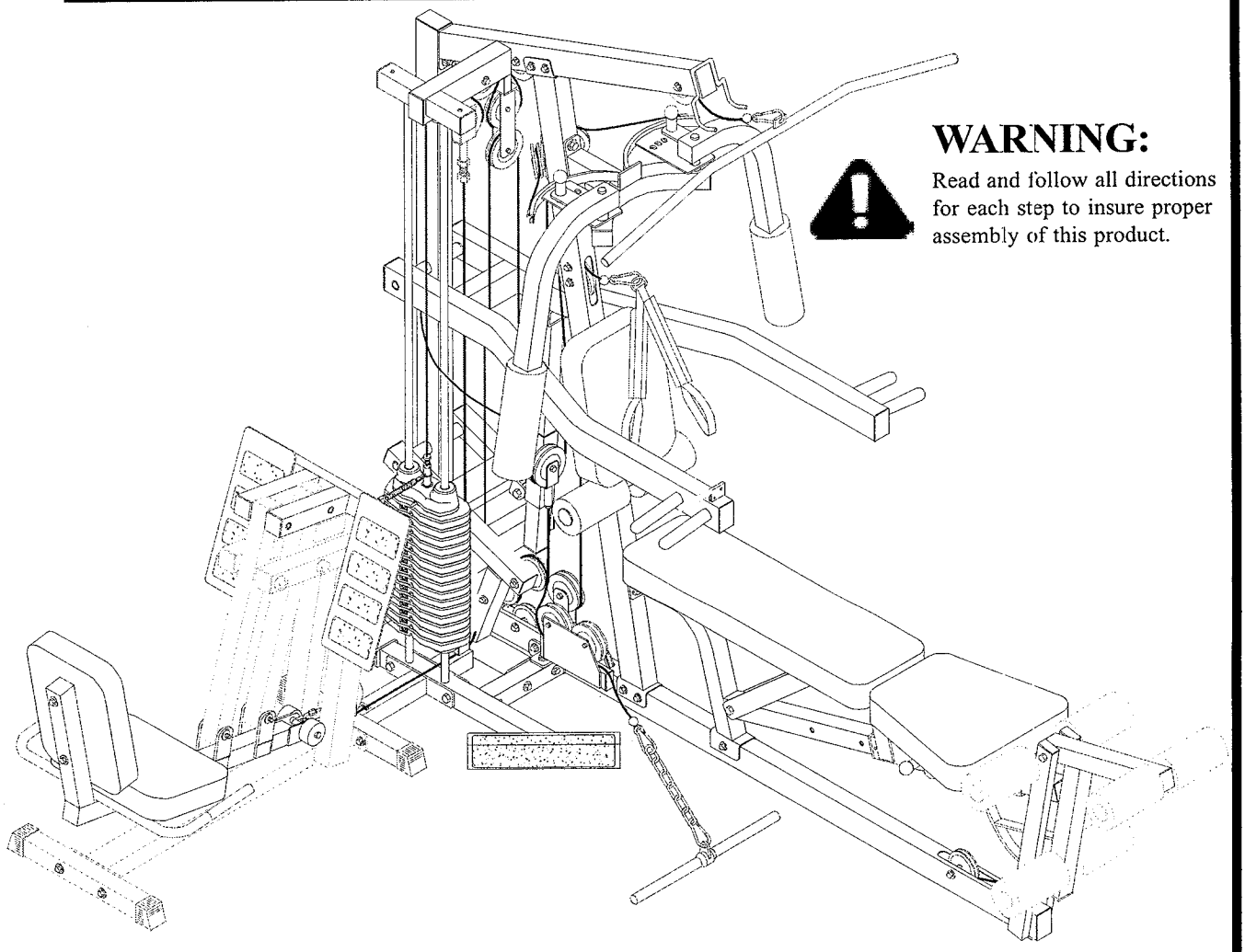
PARABODY®

441101 440 LEG PRESS ADAPTER KIT



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Consult your physician before beginning any exercise program.
2. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
3. Do not allow minors or children to play on or around this equipment.
4. Exercise with care to avoid injury.
5. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

Please note:

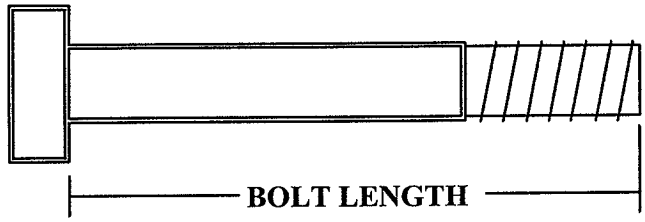
* Thank you for purchasing the Parabody 441101 Leg Press Adapter Kit. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

Tools Required for Assembly

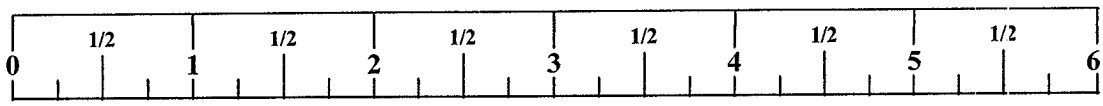
* Rubber mallet or hammer
* 3/4" wrench
* 9/16" wrench
* Ratchet with 3/4" and 9/16" sockets
* 5/32" Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6686608	FRONT LEG	1
2	6693902	PULLEY BRACKET	1
3	6694002	CABLE SWIVEL	1
4	6694208	BASE CONNECTION	1
5	3116201	3-1/2" PULLEY	2
6	6405201	2" SQ. END CAP	1
7	6467001	COVER CAP	2
8	3108102	QUICK DISCONNECT LINK	1
9	6140701	GLIDE 1 X 1"	2

KEY	PART #	DESCRIPTION	QTY
10	3102501	3/8" WASHER	4
11	3102802	3/8" LOCKNUT	5
12	3102801	1/2" LOCKNUT	2
13	3102924	3/8 X 1-3/4" BOLT	3
14	3102904	3/8 X 3" BOLT	2
15	3102918	1/2 X 3-1/4" BOLT	2
16	7032303	110-3/4" CABLE ASSY	1
17	6694401	82-1/2" CABLE ASSY	1

NOTE: The LEG PRESS ATTACHTMENT (100101) must be assembled before connecting it to the PARABODY 440 HOME GYM

STEP 1

- Slide two COVER CAPS (7) over the FRONT LEG (1) as shown in FIGURE 1

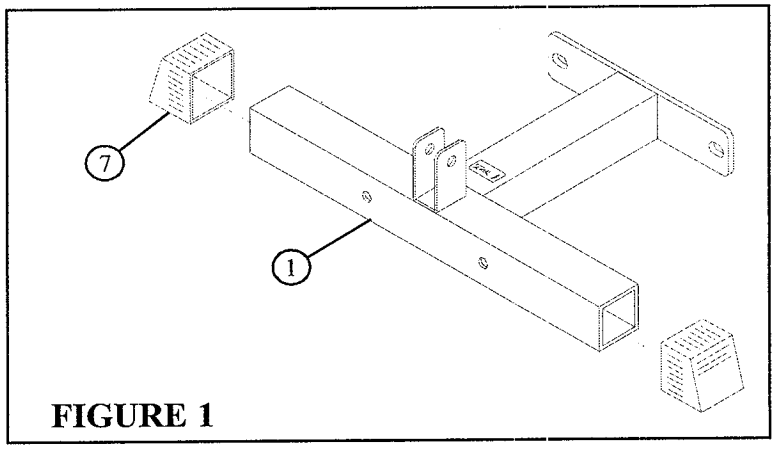


FIGURE 1

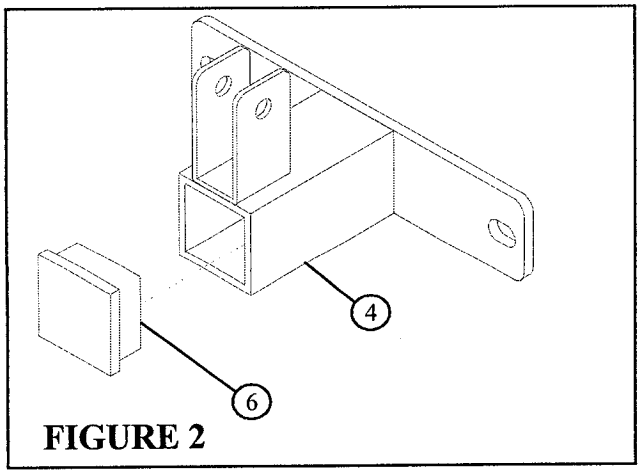


FIGURE 2

STEP 2

- Slide one 2" SQ. END CAP (6) into the BASE CONNECTION (4) as shown in FIGURE 2.

STEP 3

- Attach two 1 X 1" GLIDES (9) to the top of PULLEY BRACKET (2) as shown in FIGURE 3.

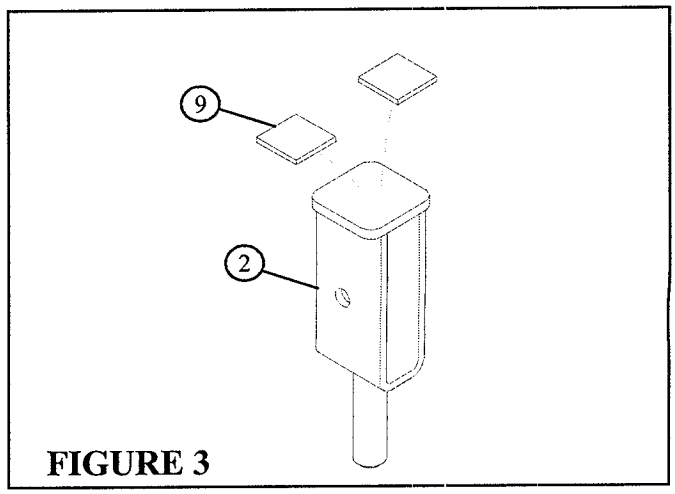


FIGURE 3

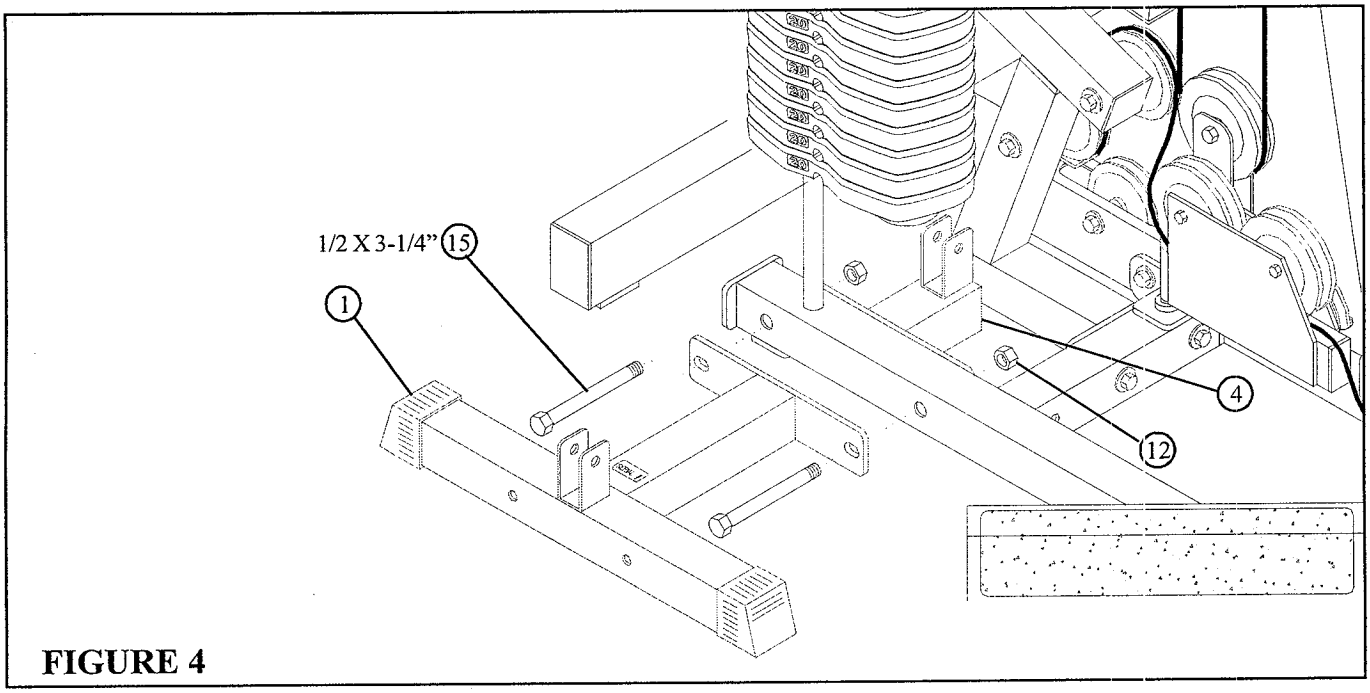


FIGURE 4

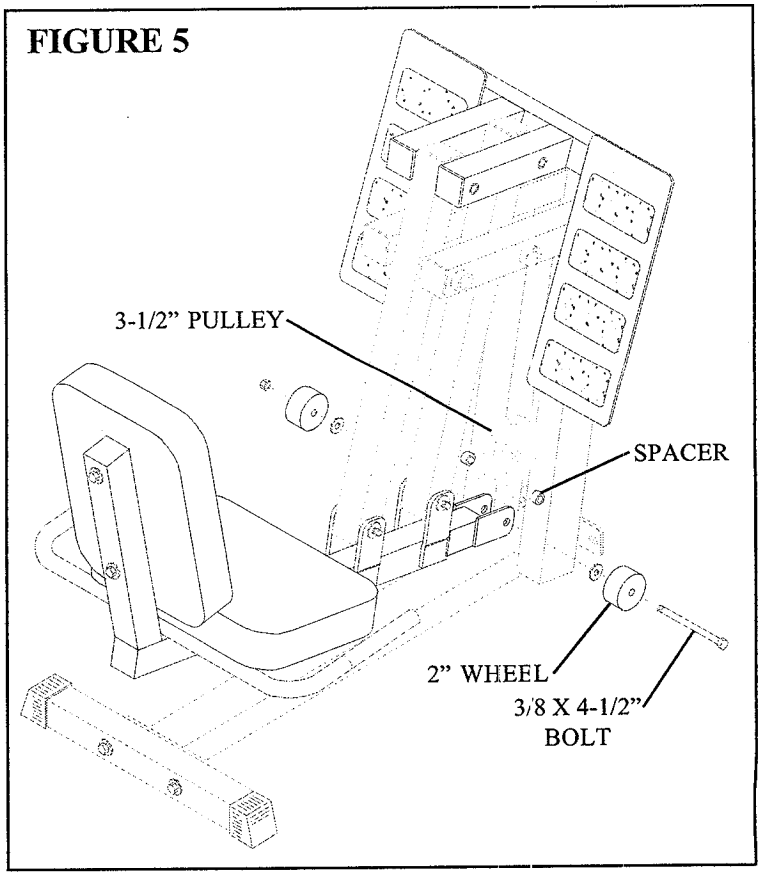
STEP 4

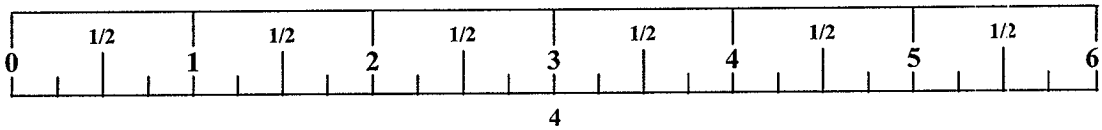
- Securely fasten the FRONT LEG (1) and the BASE CONNECTION (4) to the 440 HOME GYM using two 1/2 X 3-1/4" BOLTS (15) and two 1/2" LOCKNUTS (12). See FIGURE 4.

STEP 5

- Remove one existing 3-1/2" PULLEY and two SPACERS from the ADJUSTMENT TUBE on the 100 LEG PRESS OPTION by unfastening the 3/8 X 4-1/2" BOLT holding the pulley on. See FIGURE 5. **(Note: Save 3-1/2" PULLEY, it will be used in later steps.)**

FIGURE 5





STEP 6

- Attach CABLE SWIVEL (3) to the ADJUSTMENT TUBE on the 100 LEG PRESS using the existing previously removed 3/8 X 4-1/2" BOLTS, WASHERS, 2" WHEELS AND NUT. **(Note: Securely tighten, then back off 1/4 turn to allow the CABLE SWIVEL & WHEELS to rotate freely.)** See FIGURE 6.

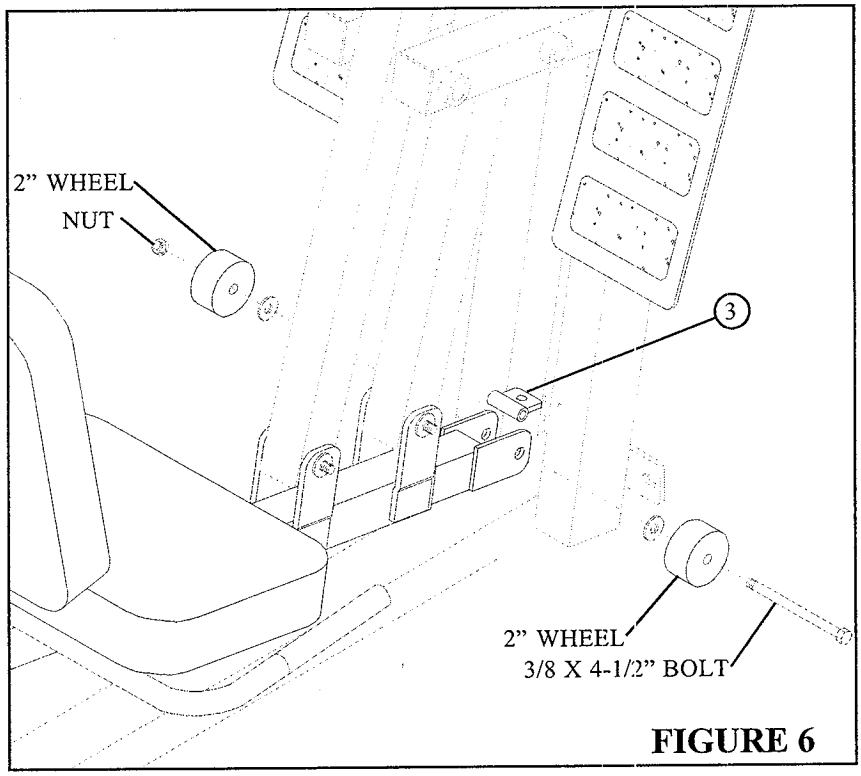


FIGURE 6

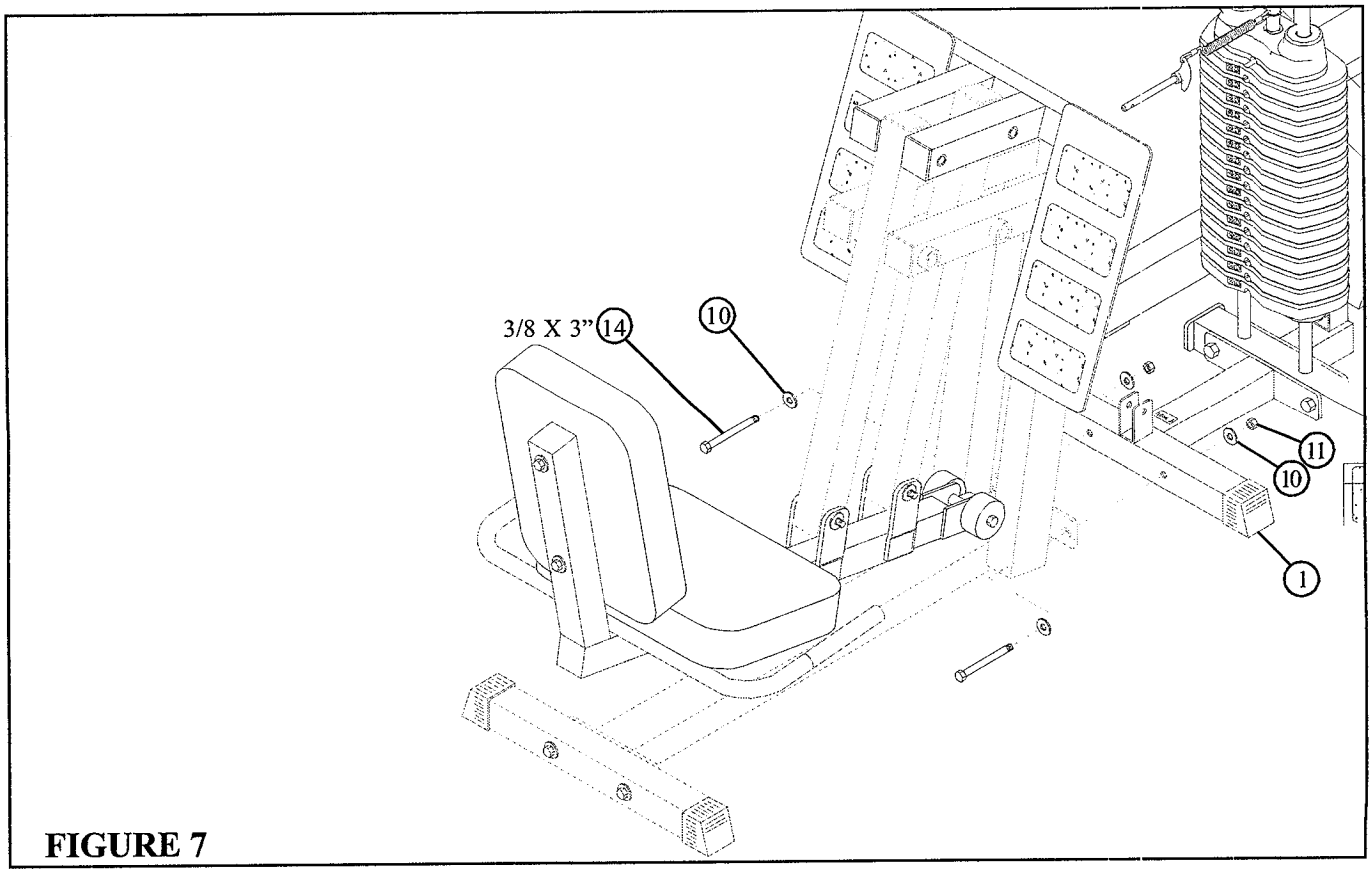
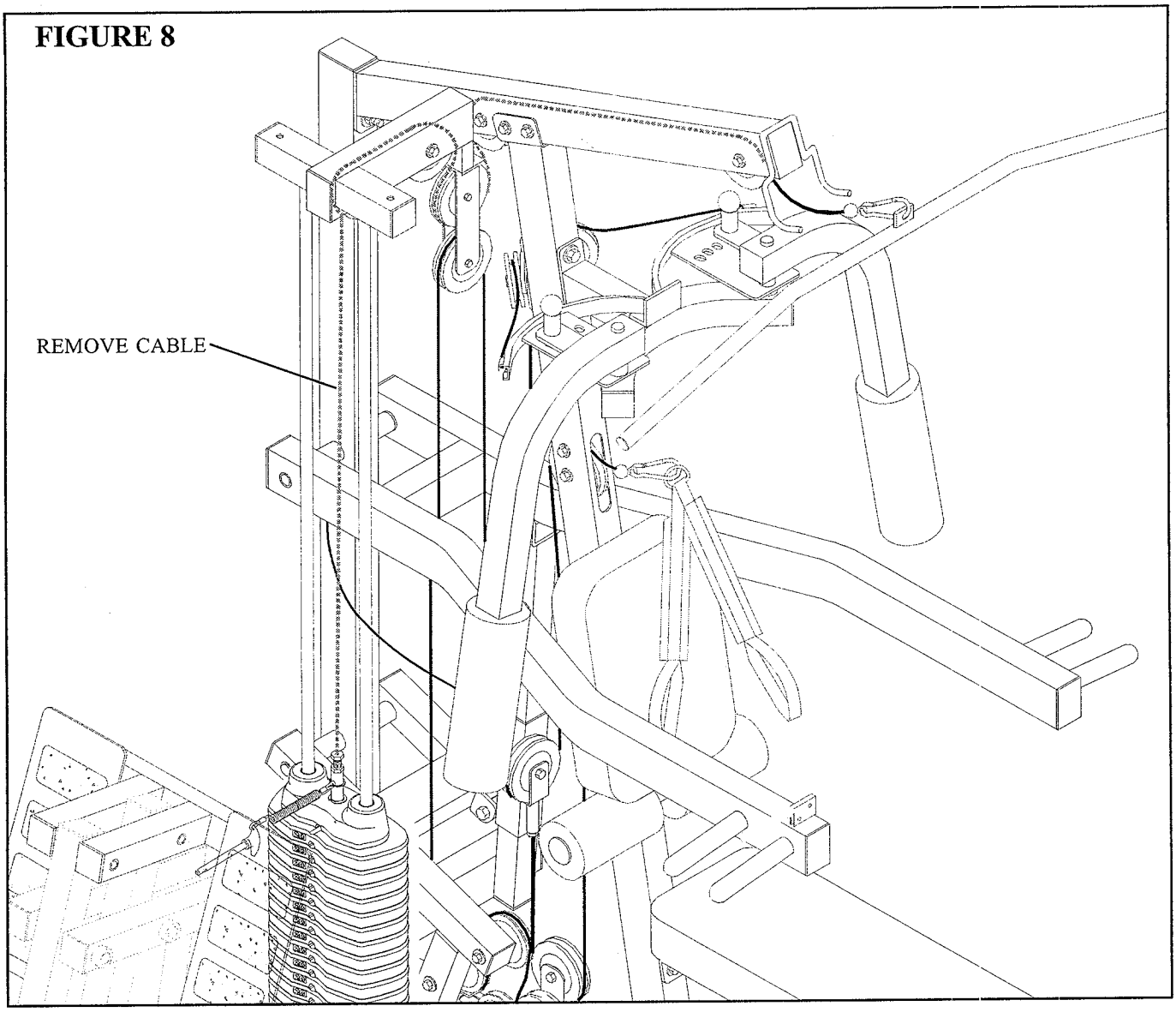


FIGURE 7

STEP 7

- Securely fasten the 100 LEG PRESS to the FRONT LEG (1) using two 3/8 X 3" BOLTS (14), four 3/8" WASHERS (10), and two 3/8" LOCKNUTS (11) as shown in FIGURE 7.

FIGURE 8



STEP 8

Remove the existing LAT CABLE using the following steps:

- Disconnect LAT BAR from TOP BOOM.
- Unscrew the threaded end of CABLE from the HEAD PLATE ASSEMBLY.
- Route the LAT CABLE around the PULLEY BLOCK as shown in FIGURE 8.
- Route the LAT CABLE around the TOP BOOM as shown in FIGURE 8.
- The pulleys in TOP BOOM may need to be temporarily removed to remove CABLE.

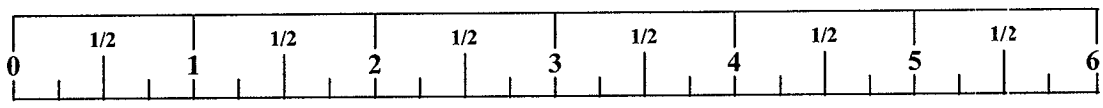
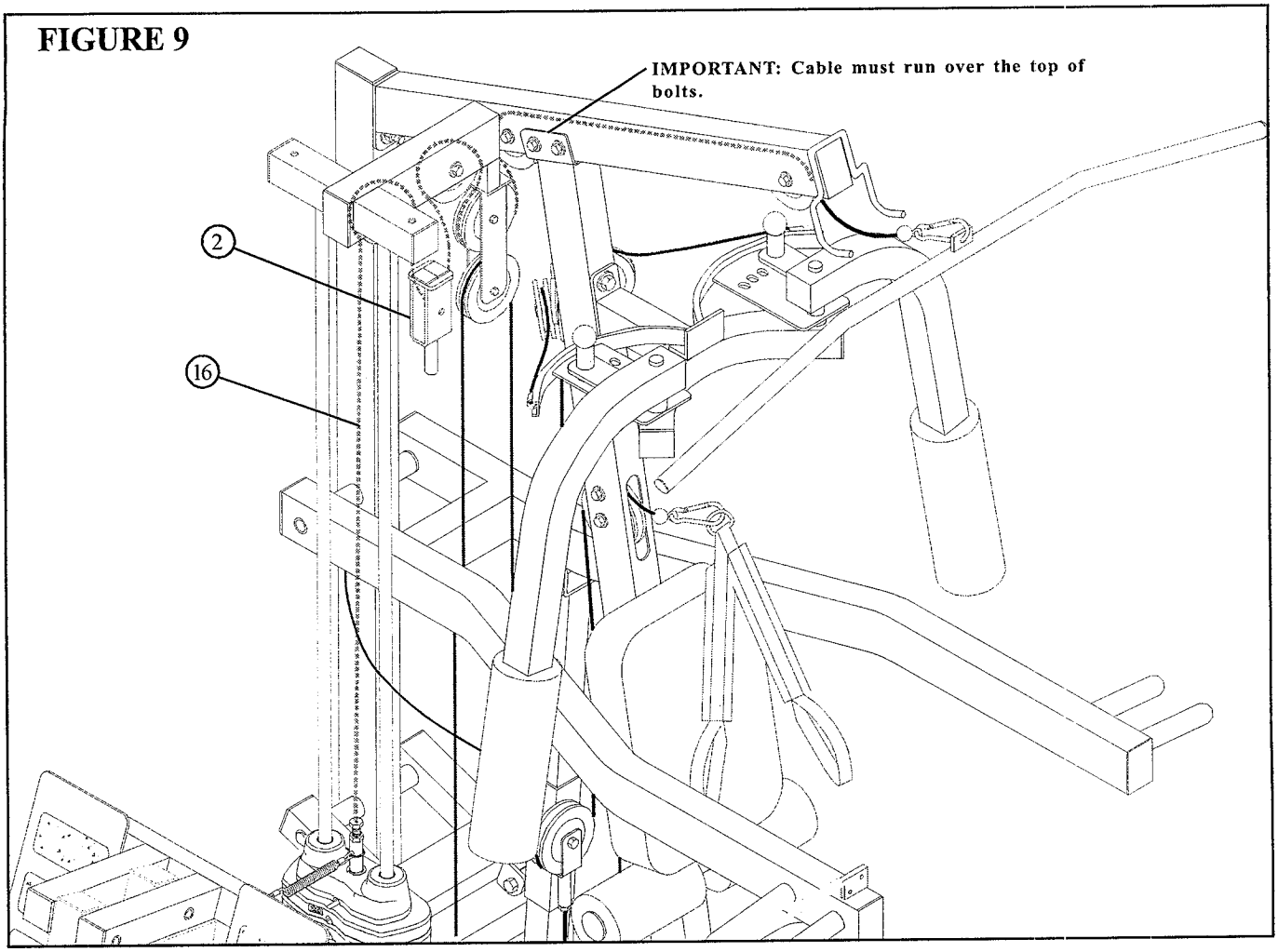


FIGURE 9

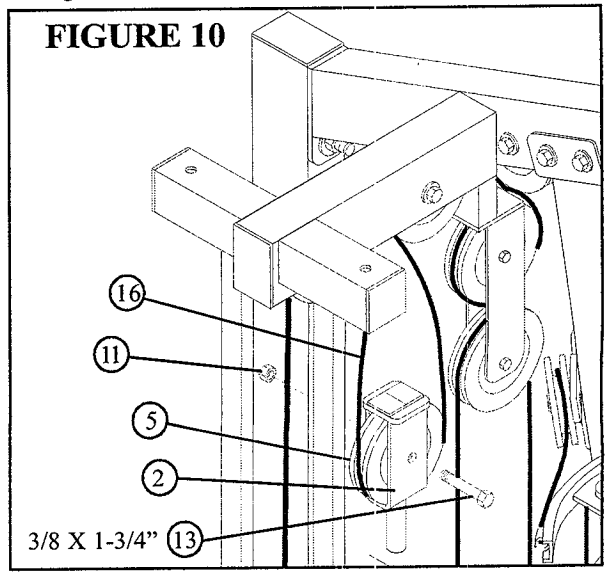


STEP 9

Install the **NEW** 110-3/4" CABLE ASSY (16) using the following steps:

- Route the CABLE (16) through the TOP BOOM as shown in FIGURE 9. The pulleys in TOP BOOM may need to be temporarily removed to perform this step. **(Note: Make sure the CABLE is running OVER the BOLTS connecting the FRONT UPRIGHT to the TOP BOOM. These may also have to be removed to perform this step.)**
- Route the CABLE (16) around the PULLEY BLOCK as shown in FIGURE 9.
- Route the CABLE (16) back over one pulley in the TOP BOOM, down through the PULLEY BRACKET (2) and over the second pulley in the TOP BOOM.
- Screw the threaded end of CABLE (16) into the HEAD PLATE ASSEMBLY.

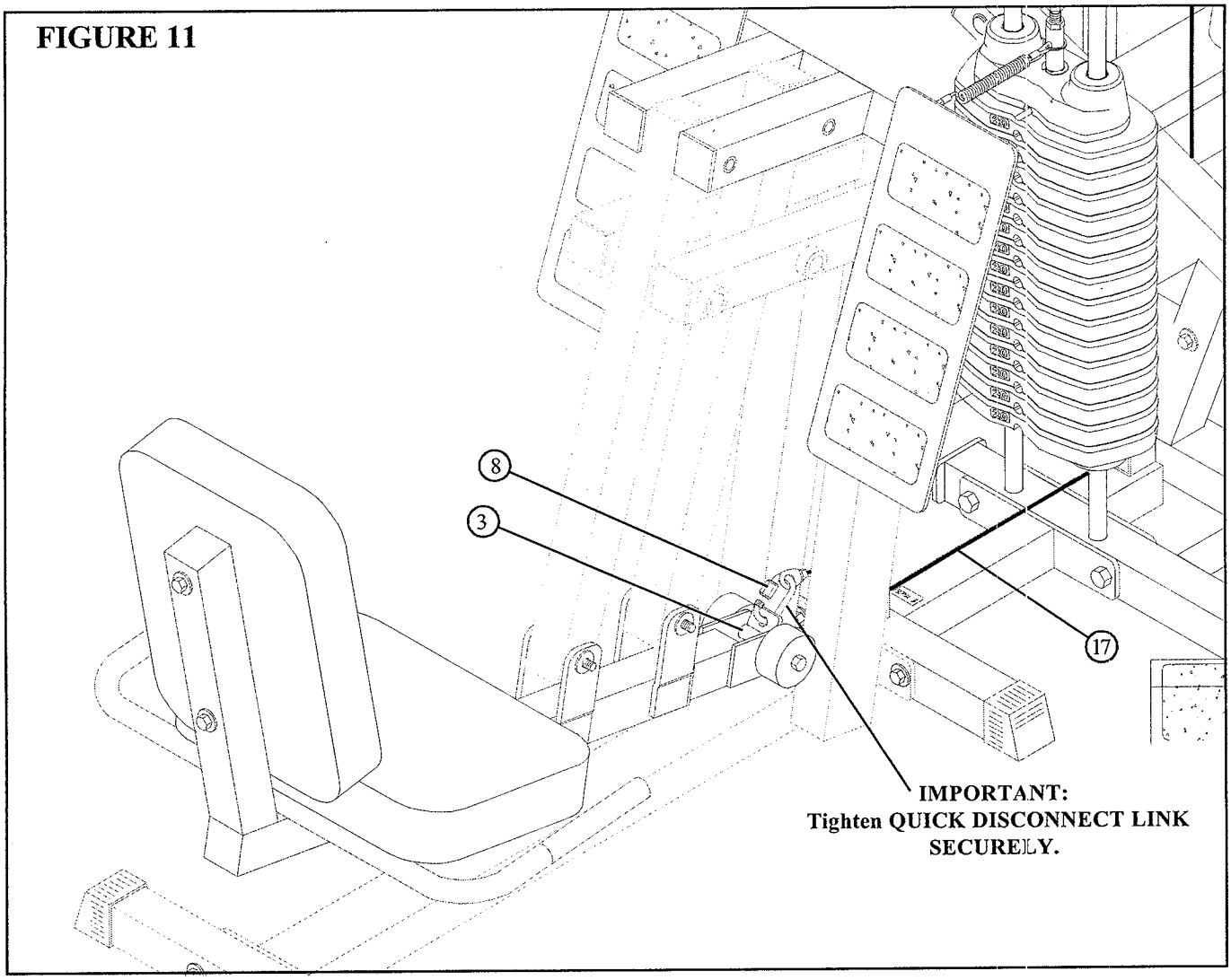
FIGURE 10



STEP 10

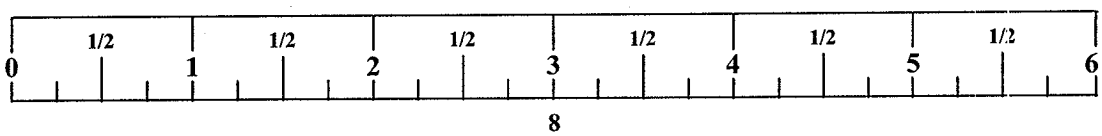
- Loop CABLE (16) around one 3-1/2" PULLEY (5) in the PULLEY BRACKET (2) using one 3/8 X 1-3/4" BOLT (13) and one 3/8" LOCKNUT (11) as shown in FIGURE 10.

FIGURE 11



STEP 11

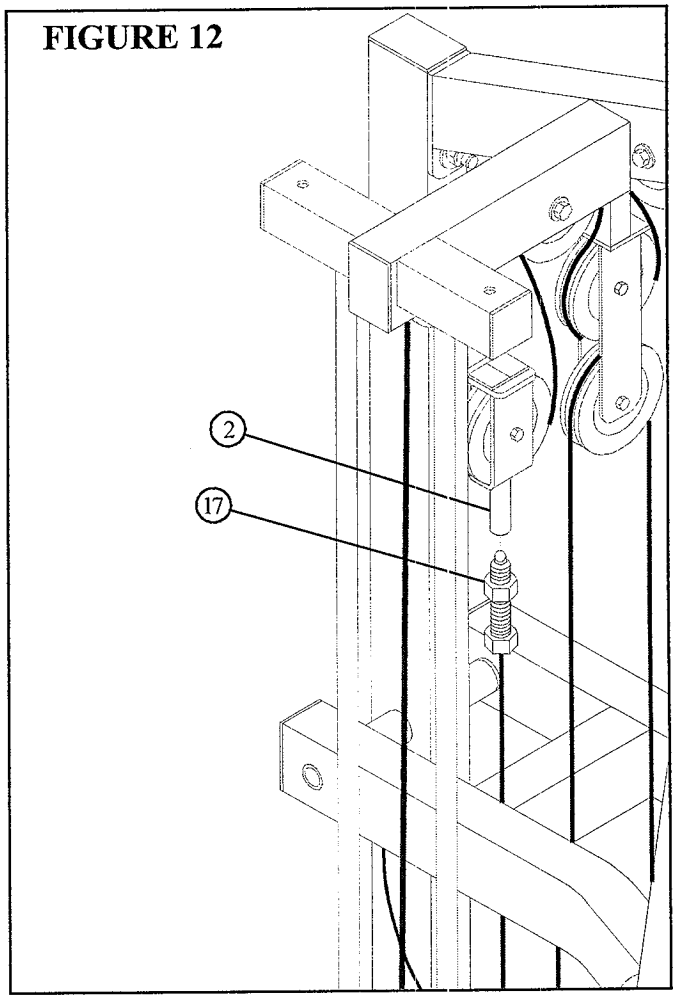
- Attach the hook end of 82-1/2" CABLE (17) to the CABLE SWIVEL (3) with one QUICK DISCONNECT LINK (8). **IMPORTANT: Tighten the QUICK DISCONNECT LINK (8) securely.**
- Route the 82-1/2" CABLE (17) under the WEIGHT STACK as shown in FIGURE 11.



STEP 12

- Screw the threaded end of 82-1/2" CABLE (17) to the PULLEY BRACKET (2) as shown in FIGURE 12.

FIGURE 12



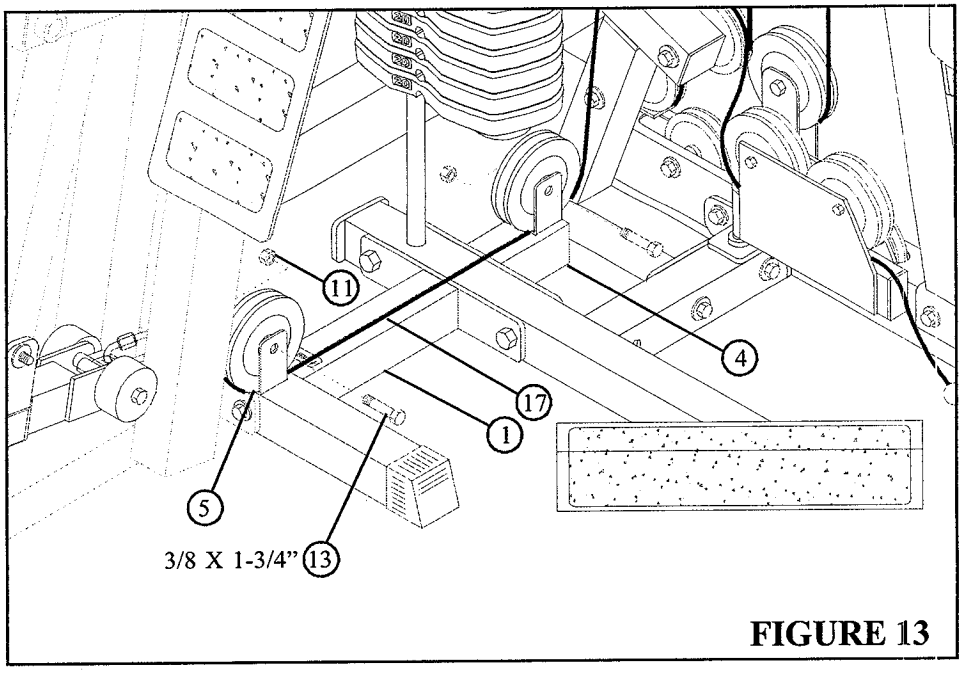


FIGURE 13

STEP 13

- Attach one 3-1/2" PULLEY (5) to the FRONT LEG (1) and one 3-1/2" PULLEY (5) to the BASE CONNECTION (4) using two 3/8 X 1-3/4" BOLTS (13) and two 3/8" LOCKNUTS (11). **(Note: Make sure CABLE (17) is running under PULLEYS.)**

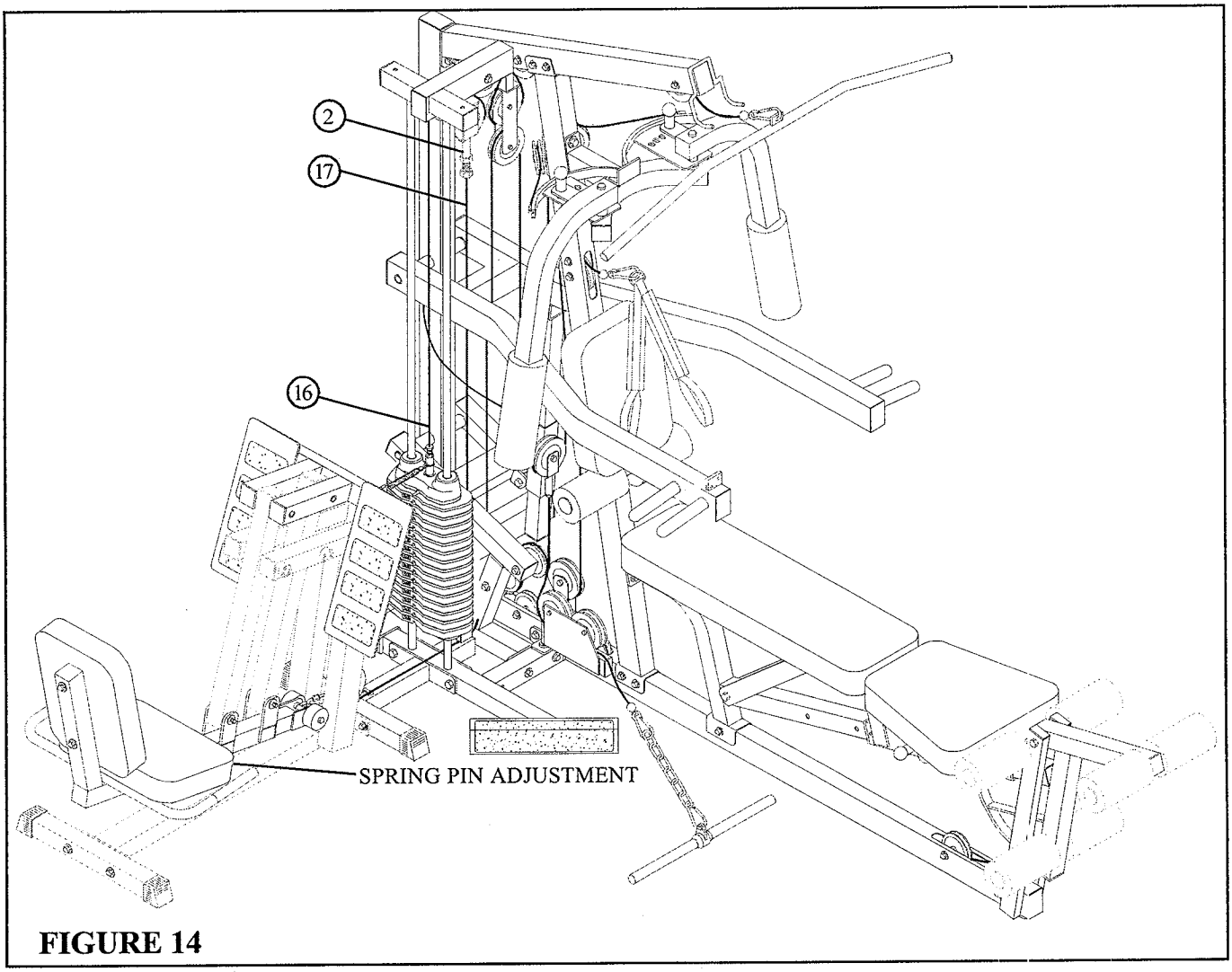


FIGURE 14

STEP 14

- The 100 LEG PRESS is equipped with a spring pin adjustment to accommodate different sized users and allow easy entry and exit from the machine. To use, you must slightly push against the foot plates to take tension off the pin.
- To set the correct amount of tension in the cables, adjust the 100 LEG PRESS into the last adjustment hole (so the LEG PRESS is spread apart) and remove the WEIGHT STACK PIN. Thread the 110-3/4" CABLE (16) into the HEAD PLATE ASSEMBLY until the PULLEY BRACKET (2) is held against the TOP BOOM and the cable is slightly pulling up on the HEAD PLATE. Tighten the jan but securely. Next, thread the 82-1/2" CABLE (17) into the PULLEY BRACKET (2) until cable is tight , then tighten the jam nut securely.

Thank you for purchasing the Parabody 441101 LEG PRESS ADAPTER KIT. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.